



Using Traditional Chinese Medicine to Manage Your Emotional Health: How Herbs, Natural Foods, and Acupressure Can Regulate and Harmonize Your Mind and Body

Zhang Yifang

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We live in a busy world, where stress, fear, panic, worry and anxiety are commonplace. If you don't know how to manage these emotions, you could begin to feel overwhelmed, withdrawn, or unbalanced, which can have lasting negative effects on your general well-being and your relationships.

***Using Traditional Chinese Medicine* includes sections on:**

- using acupressure
- adding specific herbs to your diet to facilitate mood changes
- listening to music
- changing certain lifestyle habits
- eating healthy foods
- sharing emotions with friends
- exercising outdoors with exposure to sunlight

Using Traditional Chinese Medicine to Manage Your Emotional Health brings back an age-old science that provides natural solutions to achieve a satisfying and balanced life. By making a few simple changes, such as utilizing acupressure; adding specific herbs to your diet to facilitate mood changes; eating the right foods; sharing emotions with friends; and exercising outdoors with exposure to sunlight, you can help stop the downward spiral and get your life back on track. TCM is a proven and practical way to get in touch with your inner self and improve your emotional outlook. What are you waiting for? Join the millions of others who rely on Traditional Chinese Medicine, and bring more harmony to your life today!

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